

# Reconditioning PRT

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**FM 7-22**

**Profile Overview**

16 Jun 2015

Unclassified



# Objectives

- Understand DA 3349
- Understand applicable regulations that will impact Soldiers on profile
- Understand the profile templates and general activities for each group



# Profile Overview

- AR 40-501
- Temporary vs. Permanent?
- 1 vs. 2 vs. 3?
- Block 5
- Block 8
- APFT



Template Title  
"Diagnosis"

# Profile Orientation

PHYSICAL PROFILE									
For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.									
1. MEDICAL CONDITION: (Description in lay terminology) <input checked="" type="checkbox"/> INJURY? Or <input type="checkbox"/> ILLNESS/DISEASE?			2. CODES (Table 7-2 AR 40-501)		3. Temporary	P U L H E S			
Mild/Recovering Ankle Injury. Self-paced Impact. Ch 6, FM 7-22 directs Reconditioning Program for Injured Soldiers.					Permanent	1 1 2 1 1 1			
4. PROFILE TYPE									
a. TEMPORARY PROFILE (Expiration date YYYYMMDD) 00010101			(Limited to 3 months duration)		YES <input checked="" type="checkbox"/> NO <input type="checkbox"/>				
b. PERMANENT PROFILE (Reviewed and validated with every periodic health assessment or after 5 years from the date of issue)					<input type="checkbox"/> <input checked="" type="checkbox"/>				
5. FUNCTIONAL ACTIVITIES THAT EVERY SOLDIER REGARDLESS OF MOS MUST BE ABLE TO PERFORM. IF SOLDIER CANNOT PERFORM ANY ONE OF THESE TASKS, THEN THE PULHES MUST CONTAIN AT LEAST ONE "3" AND SOLDIER MUST BE REFERRED TO A MEB. CAN THE SOLDIER:									
FUNCTIONAL ACTIVITY: <input type="checkbox"/> YES <input type="checkbox"/> NO									
a. Carry and fire individual assigned weapon? <input checked="" type="checkbox"/> <input type="checkbox"/>									
b. Evade direct and indirect fire? <input checked="" type="checkbox"/> <input type="checkbox"/>									
c. Ride in a military vehicle for at least 12 hours per day? <input checked="" type="checkbox"/> <input type="checkbox"/>									
d. Wear a helmet for at least 12 hours per day? <input checked="" type="checkbox"/> <input type="checkbox"/>									
e. Wear body armor for at least 12 hours per day? <input checked="" type="checkbox"/> <input type="checkbox"/>									
f. Wear load bearing equipment (LBE) for at least 12 hours per day? <input checked="" type="checkbox"/> <input type="checkbox"/>									
g. Wear military boots and uniform for at least 12 hours per day? <input checked="" type="checkbox"/> <input type="checkbox"/>									
h. Wear protective mask and MOPP 4 for at least 2 continuous hours per day? <input checked="" type="checkbox"/> <input type="checkbox"/>									
i. Move 40lbs (for example, duffle bag) while wearing usual protective gear (helmet, weapon, body armor and LBE) at least 100 yards? <input checked="" type="checkbox"/> <input type="checkbox"/>									
j. Live in an austere environment without worsening the medical condition? <input checked="" type="checkbox"/> <input type="checkbox"/>									
6. APFT		YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)			N/A	YES	NO
2 MILE RUN		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT WALK			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT SIT-UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT SWIM			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT PUSH UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT BIKE			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?									
YES <input type="checkbox"/> NEEDS MMRB					NO <input type="checkbox"/> NEEDS MEB				
8. FUNCTIONAL LIMITATIONS AND CAPABILITIES AND OTHER COMMENTS:									
<p><b>RESTRICTED:</b> Run at own pace/distance: No Unit Formation Runs. Run only on non-consecutive days not to exceed 2 miles per run or 15 minutes continuously. Load bearing: Foot march at own pace/distance once a week not to exceed 2.5 miles and 40lbs (total weight). Progress no more than 1 mile OR 5lbs per week. No Guerrilla Drill or Sports. Follow walk-to-run progression.**</p>									
<p><b>MODIFIED:</b> Preparation Drill: High Jumper. Conditioning Drill 1 (Power Jump, Mountain Climber). Military Movement Drill 1 and 2. Strength Training Machines: Lower body. Free Weight Training: at own weight and tolerance. Endurance Training Machines: Treadmill, Stair-machine.</p>									
<p><b>STANDARD:</b> Preparation Drill, 4 for the Core, Hip Stability Drill, Shoulder Stability Drill. Push-Up/Sit-Up Drill. Conditioning Drill 1: (V-Up, Leg Tuck and Twist, Single-Leg Push-Up). Climbing Drill 1 and 2. Strength Training Machines: Upper body. Endurance Training Machines: Bike, Elliptical. Recovery Drill.</p>									
<p>*Soldier may modify these activities and the movements required to reach the starting position in accordance with Ch 6, FM 7-22.</p>									
<p>Soldier will participate in Level 2 Reconditioning program until meeting Level 2 exit criteria from Ch 6, FM 7-22. (See Page 2)</p>									
<p><input type="checkbox"/> This temporary profile is an extension of a temporary profile first issued on _____</p>									

Tells leaders  
what Soldiers  
can and  
cannot do.

Administrative  
comments 



- How long on profile?
- Temporary profile up to 90 days
- >90 days, must have Physician Signature
  - Ex: BN or BDE surgeon
- NLT 6 months: Specialty Referral
- NO LONGER THAN 12 months/1 year: MEB or Permanent Profile
- OR when Medical Retention Determination Point (MRDP) is reached, but no longer than 1 year



# Block 5: 1, 2, or 3?

PHYSICAL PROFILE												
For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.												
1. MEDICAL CONDITION: (Description in lay terminology)		<input checked="" type="checkbox"/> INJURY? Or	<input type="checkbox"/> ILLNESS/DISEASE?	2. CODES (Table 7-2 AR 40-501)		3. Temporary	P	U	L	H	E	S
Moderate Ankle Injury. Low-impact profile. Ch 6, FM 7-22 directs Reconditioning Program for Injured Soldiers.				1	1	Permanent	1	1	1	1	1	1
4. PROFILE TYPE										YES	NO	
a. TEMPORARY PROFILE (Expiration date YYYYMMDD)		00010101		(Limited to 3 months duration)						<input checked="" type="checkbox"/>	<input type="checkbox"/>	
b. PERMANENT PROFILE (Reviewed and validated with every periodic health assessment or after 6 years from the date of issue)								<input type="checkbox"/>	<input checked="" type="checkbox"/>			
5. FUNCTIONAL ACTIVITIES THAT EVERY SOLDIER REGARDLESS OF MOS MUST BE ABLE TO PERFORM. IF SOLDIER CANNOT PERFORM ANY ONE OF THESE TASKS, THEN THE PULHES MUST CONTAIN AT LEAST ONE "3" AND SOLDIER MUST BE REFERRED TO A MEB. CAN THE SOLDIER:												
FUNCTIONAL ACTIVITY:										YES	NO	
a. Carry and fire individual assigned weapon?										<input checked="" type="checkbox"/>	<input type="checkbox"/>	
b. Evade direct and indirect fire?										<input type="checkbox"/>	<input checked="" type="checkbox"/>	
c. Ride in a military vehicle for at least 12 hours per day?										<input type="checkbox"/>	<input checked="" type="checkbox"/>	
d. Wear a helmet for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>	
e. Wear body armor for at least 12 hours per day?										<input type="checkbox"/>	<input checked="" type="checkbox"/>	
f. Wear load bearing equipment (LBE) for at least 12 hours per day?										<input type="checkbox"/>	<input checked="" type="checkbox"/>	
g. Wear military boots and uniform for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>	
h. Wear protective mask and MOPP 4 for at least 2 continuous hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>	
i. Move 40lbs (for example, duffle bag) while wearing usual protective gear (helmet, weapon, body armor and LBE) at least 100 yards?										<input type="checkbox"/>	<input checked="" type="checkbox"/>	
j. Live in an austere environment without worsening the medical condition?										<input type="checkbox"/>	<input checked="" type="checkbox"/>	
6. APFT		YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)						N/A	YES	NO
2 MILE RUN		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT WALK						<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT SIT-UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT SWIM						<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT PUSH UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT BIKE						<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?												
YES <input type="checkbox"/> NEEDS MMRB										NO <input type="checkbox"/> NEEDS MEB		



# T2 or T3?

<b>4. PROFILE TYPE</b>				<b>YES</b>	<b>NO</b>		
a. TEMPORARY PROFILE (Expiration date YYYYMMDD) <b>00010101</b> (Limited to 3 months duration)				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
b. PERMANENT PROFILE (Reviewed and validated with every periodic health assessment or after 6 years from the date of issue)				<input type="checkbox"/>	<input checked="" type="checkbox"/>		
<b>5. FUNCTIONAL ACTIVITIES THAT EVERY SOLDIER REGARDLESS OF MOS MUST BE ABLE TO PERFORM. IF SOLDIER CANNOT PERFORM ANY ONE OF THESE TASKS, THEN THE PULHES MUST CONTAIN AT LEAST ONE "3" AND SOLDIER MUST BE REFERRED TO A MEB. CAN THE SOLDIER:</b>							
<b>FUNCTIONAL ACTIVITY:</b>				<b>YES</b>	<b>NO</b>		
a. Carry and fire individual assigned weapon?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
b. Evade direct and indirect fire?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
c. Ride in a military vehicle for at least 12 hours per day?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
d. Wear a helmet for at least 12 hours per day?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
e. Wear body armor for at least 12 hours per day?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
f. Wear load bearing equipment (LBE) for at least 12 hours per day?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
g. Wear military boots and uniform for at least 12 hours per day?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
h. Wear protective mask and MOPP 4 for at least 2 continuous hours per day?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
i. Move 40lbs (for example, duffle bag) while wearing usual protective gear (helmet, weapon, body armor and LBE) at least 100 yards?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
j. Live in an austere environment without worsening the medical condition?				<input checked="" type="checkbox"/>	<input type="checkbox"/>		
<b>6. APFT</b>		<b>YES</b>	<b>NO</b>	<b>ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)</b>	<b>N/A</b>	<b>YES</b>	<b>NO</b>
2 MILE RUN		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT WALK	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT SIT-UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT SWIM	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT PUSH UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT BIKE	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>



- BLUF: Temporary profile > 90 days, Commander and Medical Provider can authorize an alternate event APFT
- A-41. Soldiers with temporary physical profiles must take a regular three event APFT after the profile has expired. Soldiers with temporary profiles of long duration (more than three months) may take an alternate aerobic event **as determined by the commander** with ***input*** from health-care personnel. Once the profile has been lifted, the Soldier must be given twice the length of the profile (not to exceed 90 days) to train for the regular three event APFT. If a regularly scheduled APFT occurs during the profile period, the Soldier should be given a mandatory make-up date for the APFT.



# Reconditioning PRT Groups

## • **Group 1: Severe**

- Severe injury: no-impact, (~crutches)
- gym-only
- can only modify <25% of PRT activities

## • **Group 2: Moderate Lower**

- Some impact is OK (able to walk without limp or assistive device)
- can modify 50% or more of PRT activities
- generally no limits on upper body

## • **Group 3: Moderate Upper**

- Some impact is OK (no sling)
- Can perform most lower extremity PRT activities modified to protect upper extremity
- Generally no limits on lower body

## • **Group 4: Minimal**

- Run at own pace and distance (walk to run progression)
- Most activities are standard, jumping and high impact activities are self-paced
- Recovery and transition phase



# MODS e-profile Templates

- **PRT Ankle-Severe**
- **PRT Knee-Severe**
- **PRT Hip-Severe**
- **PRT Lumbar Spine-Severe**
- **PRT Cervical Thoracic-Severe**
- **PRT Shoulder-Severe**
- **PRT Elbow\_Wrist\_Hand-Severe**
- PRT Ankle-Moderate (Reconditioning)
- PRT Knee-Moderate (Reconditioning)
- PRT Hip-Moderate (Reconditioning)
- PRT Lumbar Spine-Moderate (Reconditioning)
- **PRT Cervical Thoracic-Moderate (Reconditioning)**
- **PRT Shoulder-Moderate (Reconditioning)**
- **PRT Elbow\_Wrist\_Hand -Moderate (Reconditioning)**
- PRT Ankle-Minimal (Reconditioning)
- PRT Knee-Minimal (Reconditioning)
- PRT Hip-Minimal (Reconditioning)
- PRT Lumbar Spine-Minimal (Reconditioning)
- PRT Cervical Thoracic-Minimal (Reconditioning)
- PRT Shoulder-Minimal (Reconditioning)
- PRT Elbow\_Wrist\_Hand -Minimal (Reconditioning)

**Severe: Level 1**

**Moderate-Lower: Level 1**

**Moderate-Upper: Level 1**

**Minimal: Level 2**



# Template Overview

- **Severe: No impact**
- Moderate: Some impact
- **Minimal: Self-paced**

1. Foot/Ankle
2. Knee
3. Hip
4. L-Spine
5. C/T-Spine
6. Shoulder
7. Elbow/Wrist/Hand

- **RESTRICTED**: Explicit instructions on activities and functional tasks covered here.
- **MODIFIED**: Lists activities that may be modified (*Parentheses indicate more than one activity within the Drill is modified*).
- **STANDARD**: Finally, activities are listed that should be performed to standard according to FM 7-22.
- \*Administrative Comments



# Ankle: Severe

Template Title  
"Diagnosis"

PHYSICAL PROFILE									
For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.									
1. MEDICAL CONDITION: (Description in lay terminology) <input checked="" type="checkbox"/> INJURY? Or <input type="checkbox"/> ILLNESS/DISEASE?				2. CODES (Table 7-2 AR 40-501)		3. P U L H E S			
Severe Ankle Injury; Non-Impact profile. Ch 6, FM 7-22 directs Reconditioning Program for Injured Soldiers.						Temporary	1	1	
						Permanent	3	1	
4. PROFILE TYPE								YES	NO
a. TEMPORARY PROFILE (Expiration date YYYYMMDD) 00010101 (Limited to 3 months duration)								<input checked="" type="checkbox"/>	<input type="checkbox"/>
b. PERMANENT PROFILE (Reviewed and validated with every periodic health assessment or after 6 years from the date of issue)								<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. FUNCTIONAL ACTIVITIES THAT EVERY SOLDIER REGARDLESS OF MOS MUST BE ABLE TO PERFORM. IF SOLDIER CANNOT PERFORM ANY ONE OF THESE TASKS, THEN THE PULHES MUST CONTAIN AT LEAST ONE "3" AND SOLDIER MUST BE REFERRED TO A MEB. CAN THE SOLDIER:									
FUNCTIONAL ACTIVITY:								YES	NO
a. Carry and fire individual assigned weapon?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
b. Evade direct and indirect fire?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
c. Ride in a military vehicle for at least 12 hours per day?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
d. Wear a helmet for at least 12 hours per day?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
e. Wear body armor for at least 12 hours per day?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
f. Wear load bearing equipment (LBE) for at least 12 hours per day?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
g. Wear military boots and uniform for at least 12 hours per day?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
h. Wear protective mask and MOPP 4 for at least 2 continuous hours per day?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
i. Move 40lbs (for example, duffle bag) while wearing usual protective gear (helmet, weapon, body armor and LBE) at least 100 yards?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
j. Live in an austere environment without worsening the medical condition?								<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. APFT		YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)			N/A	YES	NO
2 MILE RUN		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT WALK			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT SIT-UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT SWIM			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
APFT PUSH UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT BIKE			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?									
YES <input type="checkbox"/> NEEDS MMRB					NO <input type="checkbox"/> NEEDS MEB				
8. FUNCTIONAL LIMITATIONS AND CAPABILITIES AND OTHER COMMENTS:									
<p><b>RESTRICTED:</b> No running. No walking as an endurance training event. Functional activities: No climbing, combatives, or jumping. No Push-Ups. No foot march or movements with body-armor/ruck. No standing in gear or standing &gt; 15 min. May use crutches until cleared by medical provider. No Preparation Drill, Conditioning Drills, or Recovery Drill (Unless listed as MODIFIED). Endurance Training Machines: No Elliptical, Treadmill, or Stair-machine.</p> <p><b>MODIFIED:</b> Preparation Drill (Rower, Bent-Leg Body Twist). Hip Stability Drill, Shoulder Stability Drill: May perform standing. 4 for the Core (Bent-Leg Raise, Side Bridge). Conditioning Drill 1 (V-Up, Leg Tuck and Twist). Endurance Training Machines: Bike at own pace and distance. Swim at own tolerance. Recovery Drill (Overhead Arm Pull, Single-Leg Over).</p> <p><b>STANDARD:</b> Strength Training Machines: Upper body**. Endurance Training Machines: Upper Body Cycle.</p> <p>*Soldier may modify these activities and the movements required to reach the starting position in accordance with Ch 6, FM 7-22.</p> <p>**When using Strength Training Machines, must ensure that the position or movement does not strain injured leg. (See Page 2)</p>									
<input type="checkbox"/> This temporary profile is an extension of a temporary profile first issued on _____									

Tells leaders what Soldiers can and cannot do.



Administrative comments 



# Ankle: Severe, Page 2



Administrative  
comments ➔  
continued

PHYSICAL PROFILE - PAGE 2 (OPTIONAL)	
PATIENT'S NAME	DATE (YYYYMMDD)
00010101	
CONTINUATION (From page 1, Item 8)  (Continued from Block 8): Soldier will be placed in the Level 1 Reconditioning Program (gym-based) according to Ch 6, FM 7-22.  Soldier should perform injury specific exercises as prescribed by the medical provider during unit Physical Readiness Training.  Soldier may wear ankle brace as directed by medical provider.  Additional Physical Readiness Training RESTRICTIONS: No Military Movement Drill No Guerrilla Drill No Obstacle Course	

TEMPLATE



# Ankle-Severe Restricted Activities



- **RESTRICTED:** No running. No walking. Functional activities: No climbing, combatives, or jumping. No Push-Ups.
- No foot march or movements with body-armor/ruck. No standing in gear or standing > 15 min. May use crutches until cleared by medical provider.
- No Preparation Drill, Conditioning Drills, or Recovery Drill (Unless listed as MODIFIED\*).
- Endurance Training Machines: No Elliptical, Treadmill, or Stair-machine.



# Ankle-Severe Modified Activities

- **MODIFIED\***



- Preparation Drill: Rower, Bent-Leg Body Twist
- Hip Stability Drill, Shoulder Stability Drill
- 4 for the Core: Bent-Leg Raise, Side Bridge
- Conditioning Drill 1: V-Up, Leg Tuck and Twist
- Endurance Training Machines: Bike at own pace and distance. Swim at own tolerance.
- Recovery Drill: Overhead Arm Pull, Single-Leg Over





# Ankle-Severe Standard Activities

- **STANDARD:** Strength Training Machines: Upper body\*\*.



- Endurance Training Machines: Upper Body Cycle.





# Ankle: Moderate

## (Reconditioning)

PHYSICAL PROFILE													
For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.													
1. MEDICAL CONDITION: (Description in lay terminology)			<input checked="" type="checkbox"/> INJURY? Or <input type="checkbox"/> ILLNESS/DISEASE?	2. CODES (Table 7-2 AR 40-501)		3. Temporary Permanent		P	U	L	H	E	S
Moderate Ankle Injury. Low-Impact profile. Ch 6, FM 7-22 directs Reconditioning Program for injured Soldiers.						Temporary	1	1	3	1	1	1	
						Permanent							
4. PROFILE TYPE										YES	NO		
a. TEMPORARY PROFILE (Expiration date YYYYMMDD) <b>00010101</b> (Limited to 3 months duration)										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
b. PERMANENT PROFILE (Reviewed and validated with every periodic health assessment or after 6 years from the date of issue)										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
5. FUNCTIONAL ACTIVITIES THAT EVERY SOLDIER REGARDLESS OF MOS MUST BE ABLE TO PERFORM. IF SOLDIER CANNOT PERFORM ANY ONE OF THESE TASKS, THEN THE PULHES MUST CONTAIN AT LEAST ONE "3" AND SOLDIER MUST BE REFERRED TO A MEB. CAN THE SOLDIER:													
FUNCTIONAL ACTIVITY:										YES	NO		
a. Carry and fire individual assigned weapon?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
b. Evade direct and Indirect fire?										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
c. Ride in a military vehicle for at least 12 hours per day?										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
d. Wear a helmet for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
e. Wear body armor for at least 12 hours per day?										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
f. Wear load bearing equipment (LBE) for at least 12 hours per day?										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
g. Wear military boots and uniform for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
h. Wear protective mask and MOPP 4 for at least 2 continuous hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
i. Move 40lbs (for example, duffle bag) while wearing usual protective gear (helmet, weapon, body armor and LBE) at least 100 yards?										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
j. Live in an austere environment without worsening the medical condition?										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
6. APFT		YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)				N/A	YES	NO			
2 MILE RUN		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT WALK				<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
APFT SIT-UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT SWIM				<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
APFT PUSH UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT BIKE				<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>			
7. DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?													
YES <input type="checkbox"/> NEEDS MMRB					NO <input type="checkbox"/> NEEDS MEB								
8. FUNCTIONAL LIMITATIONS AND CAPABILITIES AND OTHER COMMENTS:													
<b>RESTRICTED:</b> No running, jumping, or Military Movement Drills. No combatives. Conditioning Drill 1: No Power Jump or Mountain Climber. Load bearing: No foot march, movements with body-armor/ruck, or standing in gear > 30 min. Walk at own pace and distance not to exceed 30 minutes. Must be able to maintain 3mph without pain or limp, otherwise must use Endurance Training Machine.													
<b>MODIFIED:</b> Preparation Drill (Bend and Reach, Rear Lunge, High Jumper, Squat Bender, Windmill, Forward Lunge, Prone Row, Push-Up). 4 for the Core, Conditioning Drill 1 (Modified Push-Up). Climbing Drill 1, Push-Up/Sit-Up Drill. Free Weight Training: Upper body at own weight and tolerance**. Endurance Training Machines: Elliptical, Bike, Swim at own tolerance***. Recovery Drill (Rear Lunge, Extend and Flex, Thigh Stretch).													
<b>STANDARD:</b> Preparation Drill (Rower, Bent-leg Body Twist). Hip Stability Drill, Shoulder Stability Drill. Strength Training Machines: Upper body**. Conditioning Drill 1 (V-Up, Leg Tuck and Twist). Endurance Training Machines: Upper Body Cycle. Recovery Drill (Overhead Arm Pull, Single Leg Over).													
*Soldier may modify these activities and the movements required to reach the starting position in accordance with Ch 6, FM 7-22.													
**When performing Strength Training, must ensure that the position or movement does not strain injured leg. Climbing Drill: must (See Page 2)													
<input type="checkbox"/> This temporary profile is an extension of a temporary profile first issued on _____													

Template Title  
"Diagnosis"

Tells leaders  
what Soldiers  
can and  
cannot do.



Administrative  
comments 



# Ankle: Moderate (Reconditioning) Page 2



Administrative  
comments ➔  
continued

PHYSICAL PROFILE - PAGE 2 (OPTIONAL)	
PATIENT'S NAME	DATE (YYYYMMDD)
00010101	
CONTINUATION (From page 1, Item 8)  (Continued from Block 8): execute caution when mounting and dismounting the bar; if spotters are not able to safely assist or if the Soldier has to jump down to the ground, this activity should be restricted and not performed.  ***May participate in approved aquatic rehabilitation program.  Soldier will be placed in Level 1 (gym-based) or Level 2 Reconditioning Program according to entry and exit criteria in Ch 6, FM 7-22.  Soldier should perform injury specific exercises as prescribed by the medical provider during unit Physical Readiness Training.  Soldier may wear ankle brace as directed by medical provider.  Additional Physical Readiness Training RESTRICTIONS: No Guerrilla Drill No Obstacle Course No Conditioning Drill 2 and 3	



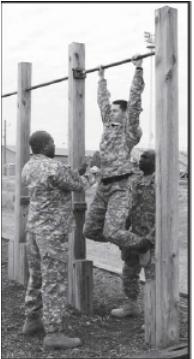
# Ankle-Moderate Restricted Activities



- **Walk at own pace and distance** not to exceed 30 minutes.
- Must be able to maintain 3mph without pain or limp, otherwise must use Endurance Training Machine.



# Ankle-Moderate Modified Activities



- **MODIFIED\***
- Preparation Drill: All except Rower, Bent-Leg Body Twist
- 4 For The Core, Climbing Drill 1
- Elliptical and Bike: own pace
- Recovery Drill: Rear Lunge, Extend and Flex, Thigh Stretch



# Ankle-Moderate Standard Activities



- Preparation Drill: Rower, Bent-Leg Body Twist.



- Hip Stability Drill



- Shoulder Stability Drill



- Conditioning Drill 1: V-Up, Leg Tuck and Twist

- Recovery Drill: Overhead Arm Pull, Single-Leg Over

- Strength Training Machines - Upper Body Cycle





# Ankle: Minimal (Reconditioning)

Template Title  
"Diagnosis"

Tells leaders  
what Soldiers  
can and  
cannot do.

Administrative  
comments 

PHYSICAL PROFILE													
For use of this form, see AR 40-501; the proponent agency is the Office of the Surgeon General.													
1. MEDICAL CONDITION: (Description in lay terminology)		<input checked="" type="checkbox"/> INJURY? Or <input type="checkbox"/> ILLNESS/DISEASE?	2. CODES (Table 7-2 AR 40-501)		3. Temporary Permanent	P	U	L	H	E	S		
Mild/Recovering Ankle Injury. Self-paced Impact. Ch 6, FM 7-22 directs Reconditioning Program for Injured Soldiers.					Temporary Permanent	1	1	2	1	1	1		
4. PROFILE TYPE										YES	NO		
a. TEMPORARY PROFILE (Expiration date YYYYMMDD)		00010101		(Limited to 3 months duration)						<input checked="" type="checkbox"/>	<input type="checkbox"/>		
b. PERMANENT PROFILE (Reviewed and validated with every periodic health assessment or after 5 years from the date of issue)										<input type="checkbox"/>	<input checked="" type="checkbox"/>		
5. FUNCTIONAL ACTIVITIES THAT EVERY SOLDIER REGARDLESS OF MOS MUST BE ABLE TO PERFORM. IF SOLDIER CANNOT PERFORM ANY ONE OF THESE TASKS, THEN THE PULHES MUST CONTAIN AT LEAST ONE "3" AND SOLDIER MUST BE REFERRED TO A MEB. CAN THE SOLDIER:										YES	NO		
FUNCTIONAL ACTIVITY:										YES	NO		
a. Carry and fire individual assigned weapon?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
b. Evade direct and indirect fire?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
c. Ride in a military vehicle for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
d. Wear a helmet for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
e. Wear body armor for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
f. Wear load bearing equipment (LBE) for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
g. Wear military boots and uniform for at least 12 hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
h. Wear protective mask and MOPP 4 for at least 2 continuous hours per day?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
i. Move 40lbs (for example, duffle bag) while wearing usual protective gear (helmet, weapon, body armor and LBE) at least 100 yards?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
j. Live in an austere environment without worsening the medical condition?										<input checked="" type="checkbox"/>	<input type="checkbox"/>		
6. APFT		YES	NO	ALTERNATE APFT (Fill out if unable to do APFT run otherwise N/A)		N/A	YES	NO					
2 MILE RUN		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT WALK		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>					
APFT SIT-UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT SWIM		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>					
APFT PUSH UPS		<input type="checkbox"/>	<input checked="" type="checkbox"/>	APFT BIKE		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>					
7. DOES THE SOLDIER MEET RETENTION STANDARDS IAW CHAPTER 3 AR 40-501?										YES	NEEDS MMRB	NO	NEEDS MEB
8. FUNCTIONAL LIMITATIONS AND CAPABILITIES AND OTHER COMMENTS:													
<b>RESTRICTED:</b> Run at own pace/distance: No Unit Formation Runs. Run only on non-consecutive days not to exceed 2 miles per run or 15 minutes continuously. Load bearing: Foot march at own pace/distance once a week not to exceed 2.5 miles and 40lbs (total weight). Progress no more than 1 mile OR 5lbs per week. No Guerrilla Drill or Sports. Follow walk-to-run progression.**													
<b>MODIFIED:</b> Preparation Drill: High Jumper. Conditioning Drill 1 (Power Jump, Mountain Climber). Military Movement Drill 1 and 2. Strength Training Machines: Lower body. Free Weight Training: at own weight and tolerance. Endurance Training Machines: Treadmill, Stair-machine.													
<b>STANDARD:</b> Preparation Drill, 4 for the Core, Hip Stability Drill, Shoulder Stability Drill. Push-Up/Sit-Up Drill. Conditioning Drill 1: (V-Up, Leg Tuck and Twist, Single-Leg Push-Up). Climbing Drill 1 and 2. Strength Training Machines: Upper body. Endurance Training Machines: Bike, Elliptical. Recovery Drill.													
*Soldier may modify these activities and the movements required to reach the starting position in accordance with Ch 6, FM 7-22.													
Soldier will participate in Level 2 Reconditioning program until meeting Level 2 exit criteria from Ch 6, FM 7-22. (See Page 2)													
<input type="checkbox"/> This temporary profile is an extension of a temporary profile first issued on _____													

# Ankle: Minimal (Reconditioning)



PHYSICAL PROFILE - PAGE 2 (OPTIONAL)				
PATIENT'S NAME	DATE (YYYYMMDD)			
00010101				
CONTINUATION (From page 1, Item 8)				
(Continued from Block 8): Soldier may wear ankle brace as directed by medical provider.				
Non-standardized Physical Readiness Training programs are restricted. Repetitions of Physical Readiness Training exercises should not exceed Soldier's ability to maintain correct form.				
Additional Physical Readiness Training RESTRICTIONS:				
No Hill Repeats				
No Terrain Runs				
Additional Physical Readiness Training MODIFICATIONS (at own pace, distance, and tolerance on non-consecutive days):				
30:60s- Start with 4 repetitions, Increase 1 repetition per week. Release Run 300 yard Shuttle Run Obstacle Course				
**See Ch 6, FM 7-22, Table 6-4 for walk-to-run progression or as prescribed by medical provider. Alternate between walking and jogging for the prescribed time and repetitions (See below).				
Week	Walk	Jog	Repetitions	Total Time
1	4 minutes	2 minutes	5 times	30 minutes
2	3 minutes	3 minutes	5 times	30 minutes
3	2 minutes	4 minutes	5 times	30 minutes
4	1 minutes	5 minutes	5 times	30 minutes
5	Run every other day with a goal of reaching thirty consecutive minutes.			
Must be able to run 30 minutes continuously at slowest Ability Group Run pace to exit Reconditioning and participate in Unit Physical Readiness Training.				



# Ankle-Minimal Restricted Activities

- Run at own pace/distance: No Unit Formation Runs. Run only on non-consecutive days not to exceed 2 miles per run or 15 minutes continuously.
- Load bearing: Foot march at own pace/distance once a week not to exceed 2.5 miles and 40lbs (total weight). Progress no more than 1 mile OR 5lbs per week.
- No Guerrilla Drill or Sports. Follow walk-to-run progression.\*\*





# Ankle-Minimal Modified Activities

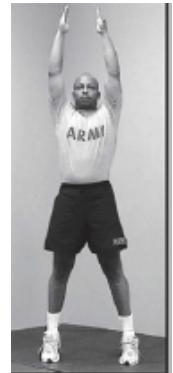


or



Count 3

- High Jumper and Power Jump at own tolerance



or



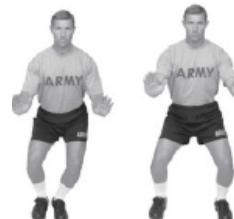
Count 2

- Military Movement Drill 1 and 2

Table 6-4. Reconditioning walk-to-run progression

Week of Training	Walk	Jog	Repetitions	Total Time
Week I	4 minutes	2 minutes	5 times	30 minutes
Week II	3 minutes	3 minutes	5 times	30 minutes
Week III	2 minutes	4 minutes	5 times	30 minutes
Week IV	1 minutes	5 minutes	5 times	30 minutes
Week V	Run every other day with a goal of reaching thirty consecutive minutes.			

- Perform the activities for each level every other day.
- Spend at least one week at each level. Begin Week V runs with a duration of 15 minutes.
- Walk 5 minutes before and after each session. Progress to 30 consecutive minutes of running over the next 2 to 4 weeks.

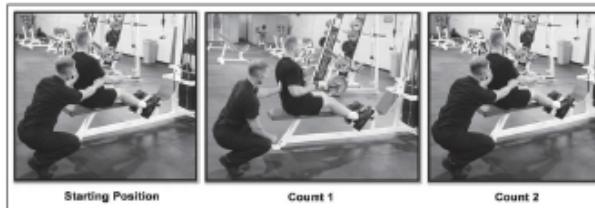
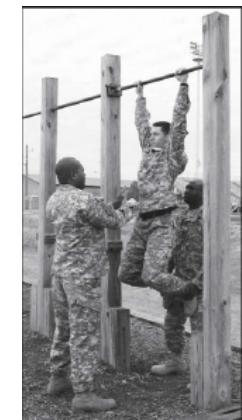
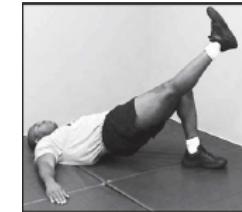




# Ankle-Minimal Standard Activities



- Preparation Drill
- Hip Stability Drill
- Shoulder Stability Drill
- 4 For The Core
- Conditioning Drill 1
- Recovery Drill
- Strength Training Machines





# Take Home Points

- Be able to identify important aspects of profile
  - Correct placement for R-PRT group
  - Administrative comments
- Regulations for education
- Master the modifications
  - Be the subject matter expert

